

Staying in Control at a Restaurant

Order first – it sets the tone

Preview the menu; know what you are going to order before you arrive

Make a good salad choice: lots of greens, easy on the bacon, cheese, and salad dressing

Restaurants give huge portions sizes

- Split a meal with a friend
- Ask for a lunch sized portion
- Ask to have half boxed up before they bring it out

Get your food baked or broiled instead of fried

Avoid cream, butter, and gravy

Order extra veggies instead of fries

Eat your veggies first and stop eating when you are starting to get full

Eat regularly portioned meals throughout the day

Easy on what you add to your baked potato (and everything else)

Try whole grain varieties of your favorites

Have a small, healthy snack before you arrive to keep your hunger in control

Drink water with your meal – it helps to fill you up and is calorie free